DEVELOPING PHYSICAL LITERACY MODEL EMPHASIZING ON CULTURALLY RELEVANT MOVEMENT PRACTICES

SHORT SYNOPSIS

Submitted in partial fulfillment of the requirement of the degree of

DOCTOR OF PHILOSOPHY

to

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by

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Overview:

This research aims to design a novel physical literacy model for children aged 8-13 by integrating traditional movement practices from the state of Madhya Pradesh into school curricula. Madhya Pradesh's cultural diversity and heritage offer a rich foundation for fostering physical literacy that aligns with both traditional and global educational objectives.

Key Objectives:

1. Identify and document culturally relevant movement practices unique to Madhya

Pradesh,including traditional games, regional dances, and local rituals.

2. Develop a physical literacy model incorporating these practices and align them with physical,cognitive, and social dimensions of physical literacy.
3. Pilot the developed model in middle schools across Madhya Pradesh

Methodology:

- Sampling: Middle schools from urban and rural districts of Madhya Pradesh will be chosen to represent the cultural and socio-economic diversity of the state. Stratified random sampling will ensure coverage of all major cultural zones in the region.

- Model Development: The movement practices, such as Gilli-Danda, Kancha (marble games),Kabaddi, and traditional dance forms like Matki, will be systematically integrated into lesson plans aligned with the age group's developmental needs.

Expected Outcomes:

1. A validated, replicable model for embedding cultural practices into physical literacy education.
2. Practical resources for educators, such as culturally tailored curricula and training materials.
3. Evidence to support policy recommendations for including cultural education within India'snational physical education frameworks, like the Khelo India program.

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